

TAYSIDE AND CENTRAL SCOTLAND TRANSPORT PARTNERSHIP

17 SEPTEMBER 2019

ACTIVE SENIORS CYCLING PROGRAMME

REPORT BY ACTIVE TRAVEL OFFICER

This report provides information on an Active Seniors Cycling Programme initiative 'Cycling Through the Ages – Breaking Down the Age Barrier'.
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1 RECOMMENDATION

- 1.1 That the Partnership notes the outcomes of the 'Cycling Through the Ages – Breaking Down the Age Barrier' pilot and the ongoing next steps.

2 BACKGROUND

- 2.1 The Active Seniors Cycling Programme is a partnership between Cycling Scotland and the University of Dundee's Institute of Sport and Exercise.
- 2.2 Cycling is used as a health and social tool to enable adults to choose how and when they actively travel. The programme is committed to breaking down the age and mobility barrier and used as an engaging tool for individuals and promote physical wellbeing, mental health and as an aid to inclusion in society.
- 2.3 The key audience is the Active Living Members & Seniors Programme which includes adults aged between 50 & 80+ years old, and local people who are living with a long-term health conditions.
- 2.4 The programme creates cycling opportunities for those community members by delivering the mentoring, and resources required to increase and sustain physical activity and promote social networks of support. This is achieved by offering training and social group rides, alongside long-term access to equipment including ebikes.
- 2.5 The programme utilises Cycling Scotland Essential Cycling Skills & Cycle Ride Leader Courses.

3 DISCUSSIONProject Aims

- 3.1 The 'Cycling Through the Ages – Breaking Down the Age Barrier' pilot project has a number of project aims:
- To develop Adult Cycling & Adult/Retirement Age Led Ride(s) opportunities across the Tactran region as an introduction to independent cycling, using Essential Cycling Skills training.

- Tackling access to bike issues and raising awareness of local routes and infrastructure.
- Increase confidence & skills to learn to ride and return to cycling
- Increase participation through cycling

Facts & Figures

3.2 Overall there were 28 participants in the pilot project, 16 female and 12 male, aged between 53 and 75 years and included 20 active living members and 8 senior members. 11 of the group were complete beginners to cycling, with 17 returning after years of not cycling.

3.3 A five week learning programme was followed. In this time:

- All participants reported learning new skills on the bike.
- 27 out of 28 participants wish to increase confidence following participation in the project.
- 25 out of 28 participants linked cycling to improved physical fitness and wellbeing.
- Participants reported feeling “very nervous” in week 1 to “much more confident & delighted” at end.
- After the initial 5 weeks 3 of the participants went onto become qualified Cycle Ride Leaders & 1 participant qualified as an Assistant Ride Leader following CRL training.
- Of the original pilot participants, 81% are now frequently cycling in the local community, while 45% have subsequently invested in their own bikes.

Overall Outcomes

3.4 A number of overall outcomes were achieved.

- Creation of cycling active travel diaries
- Senior led rides taking place every two weeks since summer 2018
- Indoor and outdoor cycling sessions established in the ISE programme throughout the year. These are the first cycling activities to be included in the history of the programme
- Significant impact on the health and wellbeing of the participants and improved long term social opportunities
- University of Dundee working partnership with campus sustainability and access to bikes, electric bikes and access to equipment
- Inclusion in future local authority active travel projects
- Route selection, awareness and planning
- Bike maintenance and electric bike handling skills
- Volunteering opportunities for participants

Next Steps

- 3.5 Cycling Scotland are taking steps to rollout the programme to a national audience working with other partners:
- Phase 2 of the project is ongoing throughout the four local authorities across Tactran
 - Developing and promoting the course to absolute beginners, running from community venues, hubs and NHS programmes
 - Entry-level on-road training in workplace settings, aimed at staff who can cycle but don't ride on road or currently commute
 - Retailer offer of free 1-1 training for people who enjoy leisure cycling but want to develop on-road skills to a higher level
 - Access to free training opportunities and resources
 - Bespoke sessions tailored to individual needs
 - Essential Cycling Skills Quick Guide
 - Online Essential Cycling Skills App for Android and Apple
 - Desktop Essential Cycling Skills Programme
 - Access to bikes, equipment, bike maintenance and repair
 - Expert provision of cycle training and development
 - Raising awareness of local routes and infrastructure

4 CONSULTATIONS

- 4.1 The 'Cycling Through The Ages – Breaking Down The Age Barrier' pilot project was an initiative involving Cycling Scotland and University of Dundee's Institute of Sport and Exercise, supported by Tactran.

5 RESOURCE IMPLICATIONS

- 5.1 There were no resource implications other than staff time.

6 EQUALITIES IMPLICATIONS

- 6.1 This report has been screened for any policy implications in respect of Equality Impact Assessment and no major issues have been identified.

Marianne Scott
Cycle Training & Development Officer

Report prepared by Marianne Scott. For further information contact Marianne Scott: email mariannescott@tactran.gov.uk / telephone 01738 475763.

NOTE

No background papers, as defined by Section 50D of the Local Government (Scotland) Act 1973 (and not containing confidential or exempt information) were relied on to a material extent in preparing this Report:

